



TANDOORI CHICKEN

We pair this hugely popular dish with raita and serve it in a wrap with lettuce or with steamed basmati rice and veg, so we have all the bases covered.

EVERYDAY MENU ITEM

Prep time: 15 min

Cooking time: 25 min

Portions: 85 g cooked chicken (100 g uncooked chicken)

| | 10 | 20 | 50 | 100 |
|---|-------|-------|------|-------|
| Raw chicken thigh, cut into 3 cm dice (see note) | 1 kg | 2 kg | 5 kg | 10 kg |
| Raita | 200 g | 400 g | 1 kg | 2 kg |

Marinade:

| | | | | |
|------------------------|--------|--------|---------|---------|
| Grated peeled ginger | 15 g | 30 g | 75 g | 150 g |
| Finely chopped garlic | 5 g | 10 g | 25 g | 50 g |
| Plain yoghurt | 90 g | 180 g | 450 g | 900 g |
| Extra virgin olive oil | 1 tbsp | 2 tbsp | 100 ml | 200 ml |
| Tomato passata | 50 g | 100 g | 250 g | 500 g |
| Garam masala | 1½ tsp | 3 tsp | 1¾ tbsp | 3¾ tbsp |
| Sweet paprika | 1 tsp | 2 tsp | 5 tsp | 10 tsp |
| Ground turmeric | 1½ tsp | 3 tsp | 1½ tbsp | 3 tbsp |
| Ground black pepper | ¼ tsp | ½ tsp | 1 tsp | 1½ tsp |
| Sea salt | 1½ tsp | 3 tsp | 1½ tbsp | 3 tbsp |

Method:

1. To marinate the chicken, place all the marinade ingredients in a large bowl and stir to combine well. Add the chicken and stir to coat well. If serving the chicken immediately or the following day, then remove what you need, place in an airtight container, label and date, then refrigerate ready for cooking.
2. Divide the remaining chicken mixture between airtight containers (see below), label and date and freeze immediately.

To store:

- Ideal storage quantities for batch cooking 100 (100 g) portions are:
5 x 2 portions (5 x 200 g)
4 x 5 portions (4 x 500 g)
5 x 10 portions (5 x 1 kg)
1 x 20 portions (1 x 2 kg)
- To defrost, remove the chicken from the freezer and thaw in the refrigerator overnight. Only defrost as much marinated chicken as you need by checking the numbers on order. The following morning, any additional orders can be defrosted by placing the chicken on a tray and standing at room temperature, away from direct sunlight, for no longer than 30 minutes.
- Follow the SFP batch cooking, storage and portion control guidelines.

To cook:

1. Preheat the oven to 200°C. Line the oven trays with baking paper.
2. Using a large kitchen spoon, scoop the thawed marinated chicken onto the oven trays, separating the pieces to ensure they cook evenly. Bake for 20-25 minutes, depending on your oven. You may need to rotate the trays to ensure they cook evenly. With a meat thermometer, take a reading from the centre of a chicken piece and ensure it reads 75°C for at least 2 minutes. Test a piece on each tray to ensure they're evenly cooked.

To serve:

- Transfer the chicken from the oven trays to a large stainless-steel bowl, making sure you add all the sauce from the tray. This helps keep the chicken moist and delicious.
- Serve in the Tandoori chicken wrap with shaved iceberg lettuce, or with Steamed Basmati Rice and veg, and a 20 g dollop of raita.
- For added colour and flavour, top with a segment or cobette of steamed corn, a little pickled Spanish onion (see recipes) and some thinly sliced spring onion.

Notes:

- *When ordering the chicken, ask your butcher to dice it for you. It might cost a little extra but will save precious time. For health and food safety reasons, it's very important the chicken stays cold while you're prepping it. If your butcher can't dice the chicken for you, then make sure you do it in small batches and refrigerate the batches as you go.*
- *It's important to note that the Tandoori chicken shouldn't be defrosted, cooked, chilled and reheated the following day.*

